

U13 High Performance Program – 2025/26 Carleton Place Cyclones

Dear Hockey Families,

My name is Jerome Briere, and I am honored to serve as the Head Coach for the U13A team for the upcoming 2025-2026 season. Hockey has been an integral part of my life, both as a player and a coach, and it is a true privilege to share my passion and knowledge with young players. Over the past decade, I have had the pleasure of coaching girls' hockey at all levels, from U7 to U18.

I am committed to providing a positive, rewarding, and competitive sports experience for our players. My approach emphasizes respect, effort, consistency, teamwork, fun, and personal growth. I believe that every player has a unique set of skills, talents, and potential, and my goal as a coach is to celebrate and strengthen those abilities, while also creating opportunities for growth and challenge.

My coaching philosophy is built around high-tempo, competitive practices that push players to constantly improve, while maintaining an environment that promotes enjoyment and team chemistry. Hockey is a fast-paced, high-stakes sport, and our practices will reflect that. From the very first session, we'll focus on creating a competitive atmosphere where speed, skill, and intensity are prioritized. I want players to feel the thrill of competing hard and challenging themselves, but equally, I want them to leave every practice with a smile and a sense of accomplishment.

A positive and fun environment is key to motivating players and ensuring they are excited to come to the rink. Players will only give their best when they love the game and feel supported by their team. Creating that environment will be foundational to our success this season.

In addition to working hard on the ice, we will also build a strong sense of camaraderie. The bonds formed in the locker room and during off-ice team activities will strengthen our on-ice performance. Team-building exercises, game clip reviews, and off-ice sessions will allow players to connect, develop leadership skills, and understand the importance of supporting one another both in and out of competition.

What to Expect:

The team will have an average of four ice times per week, in addition to off-ice strength and conditioning sessions, which will be more frequent early in the season. I encourage players in this age group to try different positions to experience the game from various perspectives, as this fosters both personal development and supports team success.

My coaching approach is influenced by the specific needs of the team, but key focus areas include:

- **Strength and Conditioning:** Early emphasis will be placed on increasing fitness levels, developing strength, speed, and muscle mass, along with effective recovery strategies (nutrition and rest). This initial focus will help lower injury risks and lay a strong foundation for player development.

- **High-Tempo Competitive Practices:** Our practices will be fast-paced, challenging, and competitive, creating a high-intensity environment where players push themselves and each other to improve. This will allow players to develop mental toughness, quick decision-making, and overall hockey IQ. At the same time, it will be important to keep things light-hearted and fun—creating a supportive atmosphere where players feel empowered to take risks, learn from mistakes, and celebrate successes together.
- **Individual Skill Development:** We will focus on key fundamentals skills during practice to reduce skill disparities among players. High-repetition drills will help bring the team to a more homogenous skill level, allowing us to effectively implement team concepts later in the season.
- **Competitive Mindset:** As we progress through the season, the focus will shift to fostering an elite-effort mindset, positive self-talk, and building players' intrinsic desire to perform.

Tournaments and Team Fees:

The team will participate in 4-5 tournaments (three local and 1-2 away, to be determined), in addition to the OWHHA Provincials. Team fees and budget will be calculated once the team roster is finalized.

Building a Strong Program:

The 2025-2026 season marks an exciting new chapter for the Carleton Place Cyclones. I look forward to working closely with the U15AA program to maintain and strengthen the established culture across all CPGHA high-performance cohorts, including our U13A team.

Coaching Staff:

I will be selecting knowledgeable and motivated individuals to join our coaching staff. The success of the team relies on assembling a strong, well-rounded cohesive group of coaches and on-ice assistants.

Communication and Expectations:

I am committed to maintaining open and transparent communication with players and families. Building a strong, respectful partnership between coaches, parents, players, and staff is essential to the success of our team. Parents are expected to lead by example and uphold the values of our team and the Carleton Place Girls Hockey Association, supporting a positive, inclusive, and respectful culture.

I would like to take a moment to thank the Carleton Place organization for this opportunity. I am excited for the season ahead and look forward to getting to know our players and their families.

Sincerely,

Jerome Briere

Head Coach, U13A Team

Jerome.briere17@gmail.com